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ABSTRACT

This resource guide provides information on programs, publications, organizations, and other resources related to prevention of fetal alcohol syndrome (FAS). The purpose of this guide is to assist health care providers to comply with Indian Health Service (IHS) FAS goals and objectives. It gives examples of community approaches to FAS prevention, depicts a map of 145 facilities nationwide, and reproduces a copy of an FDA Drug Bulletin with the Surgeon General's Advisory on Alcohol and Pregnancy. Maternal and child health area-consultants are listed for IHS headquarters and the 12 IHS service areas. Descriptions are provided for 31 organized FAS prevention programs, and 49 alcoholism treatment programs accepting pregnant women are listed. Contact information is also given for IHS Alcohol and Substance Abuse Program coordinators, IHS-area mental health branch chiefs, IHS-area social services chiefs, and other consultants. The guide provides price and availability information for FAS-related books, newsletters, slides, curriculums, videos, brochures, catalogs, posters, and display models, as well as materials from the National Clearinghouse FAS resources. Many entries are annotated. Also included are two poems, "I Am My Mother's Child" and "I Have Chosen Sobriety," by Tom Yowell. (TSP)

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# FETAL ALCOHOL SYNDROME

# RESOURCE GUIDE

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RC 021233

DEPARTMENT OF HEALTH & HUMAN SERVICES
Public Health Service

# *FETAL ALCOHOL SYNDROME RESOURCE GUIDE*

Developed by: Lisa Snyder, M.H.R., N.C.A.D.C.
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Fetal Alcohol Syndrome Office
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January 1992

**This resource guide provides information on resources currently available for prevention activities in Fetal Alcohol Syndrome. It also lists alcohol treatment programs for women and organized FAS programs. The purpose of this guide is to assist health care providers in the prevention of FAS in complying with IHS, FAS goals and objectives. The FAS Project encourages any additions, changes, or suggestions for resources available that you have enjoyed using. Please feel free to be a COPY CAT!**

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Poem "I CAN"

## EXAMPLES OF COMMUNITY APPROACHES

Coordinate Efforts between communities, Tribes, BIA, IHS, State programs, and others

**COMMUNITY EDUCATION**

Develop a community plan and coordinated community approach
Start a Parent Support Group
Put up posters & pamphlets
Train court system workers
Provide education to schools
Provide education to community
Start a community group on FAS

**CLIENT EDUCATION**

Education on FAS
Identify high risk clients
Referrals to alcohol treatment
Education on contraceptives
Identify high risk families
Identify FAS cases early in childhood when possible

**PROFESSIONAL EDUCATION**

Train Health Professionals
Train Tribal Council Members
Train Outreach Workers
Train Community Health Representatives
Train Public Health Nurses, etc.
Involve WIC Staff
Train males and females to be FAS trainers
Start a community work group on FAS

Promote social approaches such as community awareness and positive group influences.

1. Education
2. Community Role Models

Handout adopted from Dr. May's Community Planning lecture, 1991.

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****MATERNAL AND CHILD HEALTH CONSULTANTS****

**ABERDEEN AREA**
Chris Krogh, M.D.,MPH
PHS Indian Hospital
3200 Canyon Lake Drive
Rapid City, South Dakota 57702
(605) 348-1900

**ALASKA AREA**
Victoria Heart, R.N., M.S.
Box 107-741
Anchorage, Alaska 99510
(907) 257-1547

**ALBUQUERQUE AREA**
Eric Henley, M.D.,MPH
PHS Albuquerque Hospital
801 Vassar Drive, N.E.
Albuquerque, NM 87106
(505) 256-4000

**BEMIDJI AREA**
MCH Consultant
Bemidji Area IHS
203 Federal Bldg.
Bemidji, Minnesota 56601
(218) 759-3414

**BILLINGS AREA**
Diane Jeanotte, R.N.
Billings Area IHS
711 Central Avenue
P.O. Box 2143
Billings, Montana 59103
(406) 657-6179

**CALIFORNIA AREA**
Steve Mader, M.D.
California Area IHS
1825 Bell Street, Suite 200
Sacramento, CA 95825-1097
(916) 978-4191 ext 175

**NASHVILLE AREA**
Connie Overby, R.N.
Nashville Area IHS
3310 Perimeter Hill Dr.
Nashville, TN 37211
(615) 781-5494

**NAVAJO AREA**
Carol Milligan, CNM
Navajo Area IHS
P.O. Box G
Window Rock, AZ 86515
(602) 871-5888

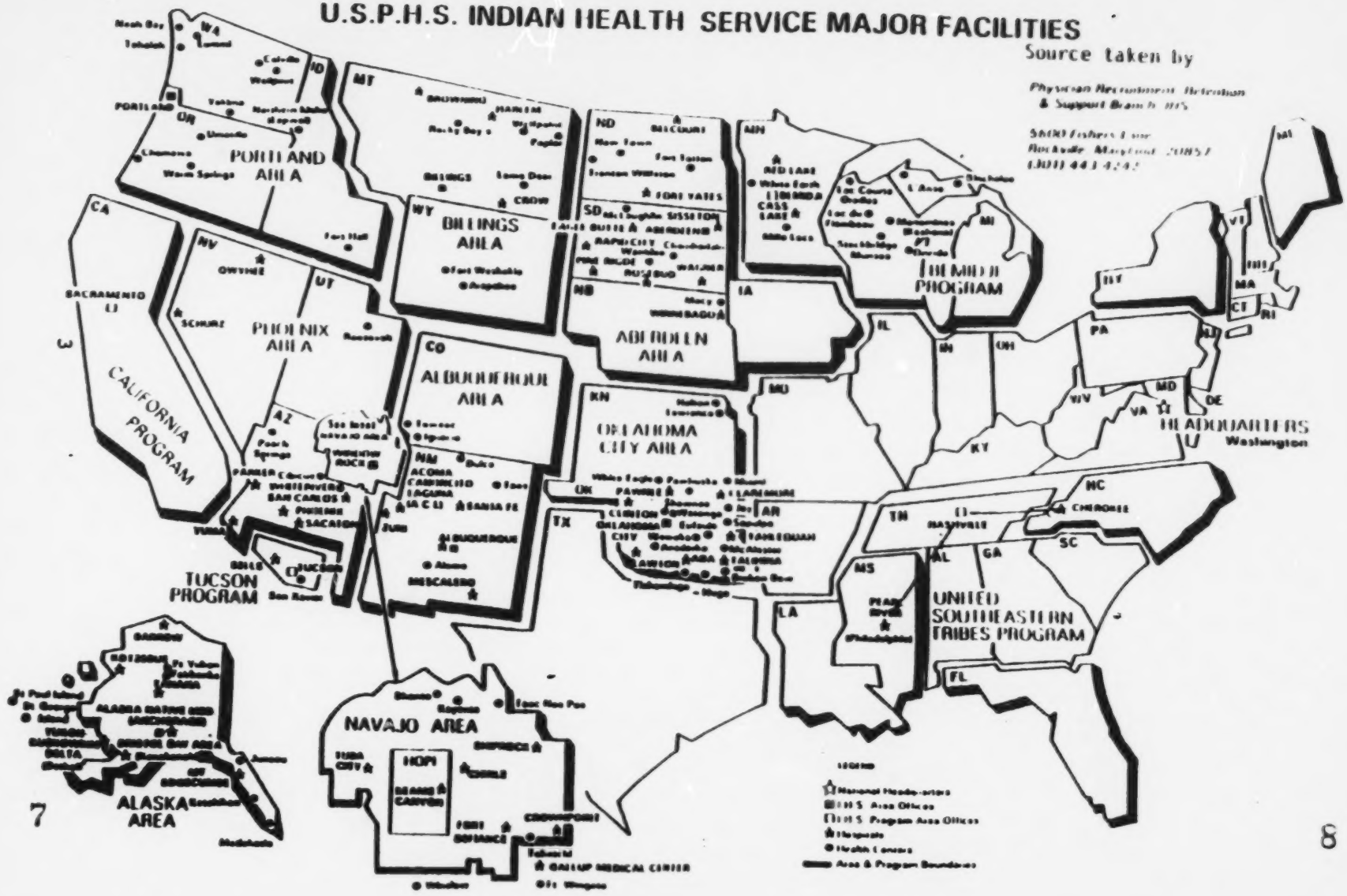
**OKLAHOMA AREA**
Pat Gideon, M.D.,ACOG
Oklahoma Area IHS
5 Corporate Plaza
3625 N.W. 56th street
Oklahoma City, OK 73112
(405) 945-6875

**PHOENIX AREA**
Burton Attico, M.D.,ACOG
and/or
Dorothy Meyer, C.N.M.
Phoenix Area IHS
3738 N. 16th Street, Suite A
Phoenix, Arizona 85016-5981
(602) 640-2187

**PORTLAND AREA**
Dee Robertson, M.D.,FAAP
Portland Area IHS
1220 S.W. 3rd. Avenue
Room 476
Portland, Oregon 97204
(503) 326-3364

**TUCSON AREA**
Theresa Cullen, M.D.
Tucson Area IHS
7900 S.J. Stock Road
Tucson, Arizona 85746-9352
(602) 295-6192

**HEADQUARTERS INDIAN HEALTH SERVICE**
Jerry Lyle, M.D., FAAP
MCH Section, Headquarters IHS
5600 Fishers Lane, Room 6A-54
Rockville, Maryland 20857
(301) 443-1948

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# *ORGANIZED FAS PREVENTION PROGRAMS*

The Indian Health Service Headquarters West (IHS-HQW) Fetal Alcohol Syndrome (FAS) Project received funding from the Indian Health Service Maternal and Child Health section to begin operation (1991) to provide training and technical assistance to IHS, tribal and community health care workers in the prevention, recognition and management of FAS. In accordance with Public Law 100-713 section 714, the FAS project is willing to work with all IHS tribal and community health care workers in efforts to reduce the rate of FAS/FAE among Indian people. The FAS Project serves as a national clearinghouse so that information and resources can be exchanged and disseminated more effectively. The FAS project staff consist of FAS Coordinator, FAS Assistant, and a Secretary.

IHS, Headquarters West, FAS Project
300 San Mateo, Suite 500
Albuquerque, NM 87108
(505) 262-6112
FAX (505) 262-6001

The Indian Children's Program (ICP) (Albuquerque Area) has been re-established as a regional consortium of University Affiliated Programs from the University of New Mexico, Northern Arizona University and Utah State university and funded jointly by Indian Health Service and the Bureau of Indian Affairs. This program provides diagnostic and treatment consultation to children, ages birth to 21, with suspected disabilities from the Navajo and Hopi reservations and the multiple Pueblo tribes in Arizona, New Mexico and Southern Colorado. The program serves the BIA/IHS Albuquerque and Navajo Areas plus the Hopi Reservation. Referrals may be received from BIA, IHS, mental health centers, schools, Head Start programs, and other pre-school programs. Parents are encouraged to contact the teachers or directors in these agencies to refer their children for services. The program is meant to supplement existing local resources rather than to compete with them. The ICP staff is available in a consulting capacity to work with local service providers and families to meet the identified needs of the clients. Please request for program information by contacting:

University of New Mexico
School of Medicine
Indian Children's Program
University Affiliated Programs
Albuquerque, New Mexico 87131-5020
(505) 272-3000

or

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Indian Children's Program Client Services Coordinator
Center for Persons with Disabilities
Utah State University
Logan, Utah, 84322-6812
1-800-333-UTAH (UTAH-8824)

or

American Indian Rehabilitation Research & Training Center
Arizona University Affiliated Program
P.O. Box 5630
Flagstaff, Arizona 86011-5630
(602) 523-4791

The Alaska IHS Area has in place an organized FAS prevention program since (1986), which includes the Area office prevention program and 12 Regional FAS prevention programs. They provide community education, training, identification, referral and follow-up of at-risk prenatal patients, and follow-up of exposed children. The Alaska Area also funds a residential treatment program for substance abusing pregnant women. Vickie Hild has been the contact person who has assisted in the development and coordination of the FAS programs in Alaska Areas.

Victoria Heart, R.N., M.S.
Area FAS Coordinator
Alaska Area Native Health Service
250 Gambell St.
Anchorage, AK 99510
(907) 257-1547

Maniilaq Association project (Alaska Area) is to reduce maternal substance abuse-particularly alcohol use-and fetal alcohol syndrome in the 11 villages in the Northwest Arctic Borough and Point Hope. This program is funded by the Robert Wood Johnson Foundation Grant, provides intensive public awareness campaign about the impact of prenatal exposure to drugs in each village. In addition, project provides in-service programs for medical and education professionals and community groups; special training for outreach workers, who serve as peer counselors to pregnant women in the villages; organized village-based support groups; and distribute culturally relevant educational materials.

Patricia Simpson
Maniilaq Association
P.O. Box 256
Kotzebue, AK 99752
(907) 442-3311

The Aberdeen IHS Area has been funded (1991) to began an FAS Surveillance project which will identify, track and monitor FAS cases and high risk cases. This project will be coordinating with the Centers for Disease Control (CDC) in Atlanta, Georgia, in conducting the epidemiology and methodology for FAS/FAE within that Indian population. Another component of this project will be to provide training. The Healthy Start grant is being administered by Tribal Chairman's Health Board with assistance from IHS. Healthy Start is a coordinated effort among care providers in the Aberdeen Area to provide services that will reduce infant mortality. For more information contact:

Chris Krogh, M.D., MPH, MCH Program Officer or
Thomas Welty, M.D., MPH, Epidemiologist
Aberdeen Area IHS
3200 Canyon Lake Drive
Rapid City, South Dakota 57702
(605) 348-1900 ext 375 or 401
FAX 782-9375 or 9401

The Rapid City Service Unit (Aberdeen Area) received funding from the IHS Research Program to conduct a study entitled: "Prospective Identification of Alcohol use in a Prenatal population utilizing a self-administered questionnaire", with Loretta Bad Heart Bull as Principal Investigator. The study will validate a self-administered questionnaire on alcohol use in the Rapid city prenatal population. For more information contact:

Loretta Bad Heart Bull, R.N., M.P.H.
Director Black Hill Training Center
PHS Indian Hospital
3200 Canyon Lake Drive
Rapid City, South Dakota 57702
(605) 348-1900 ext 279

The South Dakota Department of Human Services, Division of Alcohol and Drug Abuse, (Aberdeen Area) funds a FAS Project which is administered by the South Dakota University Affiliated Program, Interdisciplinary Center for Disabilities, USD, School of Medicine. The Project conducts development disability clinic on the Rosebud reservation. They evaluate children with developmental delays, provide full assessments and make referrals. Follow up is made with the families of children with FAS/FAE to determine what services are needed for the child. For further information contact:

South Dakota University Affiliated Program
Interdisciplinary Center for Disabilities
University of South Dakota, School of Medicine
414 E. Clark
Vermillion, SD 57069
(605) 677-5311
1-800-658-3080

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The Nashville Area of Maternal and Child Health Department has been involved in providing FAS training presentations on screening pregnant woman to identify those who might be abusing alcohol or other drugs using the C-A-G-E questionnaire. The yearly FAS area prevention monies have been used for Beginning Alcohol Basic Education Studies (B.A.B.E.S.) training for CHR's, Nurses and Counselors within the Nashville Area (1990) and supplied their area with FAS educational materials. The Nashville Area is the first to utilize FAS monies for B.A.B.E.S., training in promoting community and school-based prevention on FAS. For more information contact:

Connie Overby, R.N., MCH/FAS Coordinator
Indian Health Service
Nashville Area Office
3310 Perimeter Hill Drive
Nashville, TN 37211-4139
(615) 781-5494

The Choctaw Health Center (Nashville Area) received grant funding to begin the Women's Wellness Center (1991). The center is focused on preventive health care measures promoting a wellness educational approach for all Choctaw women and children (from newborn through five years of age), and provides prenatal high risk services for the prenatal patients. For additional information, you may contact:

Choctaw Health Center
Women's Wellness Center
Rt. 7, Box R-50
Philadelphia, Mississippi 39350
(601) 656-2211 ext 215 or 326

Tuba City FAS Prevention Program (Navajo Area) is funded by the Indian Health Service as a health promotion/disease prevention program (1988). The program provides services to parents of FAS children, services to pregnant women and families, and services to FAS children. The staff includes Dr. Masis, a family physician, Mae Curtis, a Navajo-speaking prevention worker, and Brenda Norris, a Navajo-speaking clerk. Dr. Masis periodically does FAS training for those individuals who will be doing FAS prevention education.

Tuba City FAS Prevention Program
Kathleen Masis, M.D., FAS Program Director
Department of Behavioral Health Services Navajo Tribe
Room 115/118
Tuba City, Arizona 86045
(602) 283-6211, Ex. 448

The Navajo Nation has a FAS Prevention Program headed by Louise Mitchell, Women's Specialist. The eight FAS Prevention Specialists provide coverage for the seven different chapters in the Navajo Area. The FAS Prevention Specialist will be conducting screening at the prenatal clinic at the hospital/clinic to identify those who are at risk and those who are using and to refer them to appropriate services. They will be providing on-going FAS prevention education in the communities. For further information contact:

Navajo FAS Prevention Program
Department of Behavioral Health Services
P.O. Box Drawer 709
Window Rock, Arizona 86515
(602) 871-6919

The IHS, Portland Area Office has supported an FAS project provided by NARA (Native American Rehabilitation Association), a residential alcohol treatment program. This program provides intensive FAS education to all new patients, and in addition arranges for pediatric evaluation of children accompanying their parents who are in residential treatment. For further information contact:

FAS Project, NARA/NW
2022 Northwestern Division
Greshan, Oregon 97030
(503) 669-7889

The Confederated Tribes of Warm Springs (Portland Area) has the Early Intervention Services Program for children infant through age six. This program provides diagnostic evaluations, individualized treatment plans, and educational and developmental services to children with educational and social delays. The program also has an infant outreach service for all infants/toddlers of typical development. Quarterly developmental questionnaires give parents information about their child's learning. Children can be referred for additional services as needed. The programs goal is to maximize the developmental potential of each child. For further information contact: (Julie Quaid, Early Childhood Ed. Director or Jane Kirkpatrick, or Jewell Minnick, Infant Outreach Coordinator)

Early Intervention Services Program
P.O. Box C
Warm Springs, Oregon 97761
(503) 553-3241



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The Nez Perce Tribe (Portland Area) has a Fetal Alcohol Syndrome Prevention Program (1989) that is funded by Office of Substance Abuse Prevention. This is a five year demonstration grant with three components: (1) coordination of services to improve client access to services; (2) to provide case managed care to improved pregnancy outcome and to advocate for the children who are in need of follow up services; (3) to provide primary prevention services to the Tribal community through curricula, parenting groups and integration of the education materials into the health programs. For more information contact:

Nez Perce Health and Human Services
FAS Prevention Program
P.O. Box 365
Lapwai, ID 83540
(208) 843-2253

The Yakima Indian Nation (Portland Area) has a FAS Prevention Program funded by the Robert Wood Johnson Foundation Grant (1991). This involved the Confederated Tribes and Bands of the Yakima Indian Nation project, in providing intensive community-based services and support for pregnant Indian women with alcohol or drug problems. In an attempt to persuade them to avoid alcohol or drugs permanently, or at least for the time they are pregnant or nursing. Trained peer counselors provide outreach services to the women and their families, as well as conduct community awareness activities about fetal alcohol syndrome. The peer counselors include members of the Yakima Indian Nation whose life experiences allow them to serve as positive role models for at-risk women. A special focus of the project is to increase access to residential treatment programs.

Marian D. Smith
Yakima Indian Nation
FAS Prevention Program
P.O. Box 151
Toppenish, Washington 98948
(502) 865-5121 ext 398

The Indian Oasis-BABOQUIVARI Unified School District No. 40, (Tucson Area) received a grant on FAS/FAE from the State of Arizona (1990). The grant consists of providing effective educational strategies in working with FAS/FAE students in the classroom. The goal is to work with parents and teachers to understand FAS/FAE needs. Dr. Patricia Tanner, the Coordinator for the project, is available for presentations on "Strategies for Educating Children with FAS/FAE".

Indian Oasis-BABOQUIVARI
Unified School District No. 40
Patricia Tanner, Ph.D.
District Psychologist
P.O. Box 248
Sells, Arizona 85634
(602) 383-2601 ext 212

The National Organization on Fetal Alcohol Syndrome (NOFAS) is a non-profit organization (1990) with the primary mission of reducing the rate of alcohol related birth defects through increasing public awareness and education. The organization provides training to health care professionals, educators and community members in issues of FAS/FAE and addressing the specialized needs of FAS/FAE children. The NOFAS organization serves as a national clearing-house for the regional, state and local FAS organizations so that information and resources can be exchanged and disseminated more effectively. Also, the organization provides an annual conference on FAS.

National Organization on Fetal Alcohol Syndrome
Patti Munter, Executive Director
1815 H Street, N.W. Suite 750
Washington, D.C. 20006
(202) 785-4585

The National Congress of American Indians Committee on Disabilities conducts workshops at their yearly conferences. You can obtain information on upcoming conference issues such as disabilities among American Indians, including health, disability prevention, special education, rehabilitation, employment services provision and accessibility, and agency jurisdiction. For inclusion into the national directory of persons working with American Indians with disabilities as well as to become an active member of a national organization focused primarily on disability in Native American communities, contact:

Native American Research & Training Center (NARTC)
University of Arizona
Carol Locust, Ph.D.
1642 E. Helen
Tucson, Arizona 85719
(602) 621-5075

National Information Center for Children and Youth with Disabilities (NICHCY), provides free information to assist parents, educators, caregivers, advocates and others in helping children and youth with disabilities become participating members of the community. NICHCY can also provide personal responses to specific questions. To find out more information speak to one of the Information Specialists.

NICHCY
P.O. Box 1492
Washington, D.C. 20013-1492
(703) 893-6061 or (800)-999-5599

The Substance Abuse & Mental Health Services Administration (SAMHSA), consist of three centers that administer the prevention and treatment services programs. The Center for Substance Abuse Prevention (CSAP), the Center for Substance Abuse Treatment (CSAT), and the new Center for Mental Health Services (CMHS) will serve as a national base to disseminate research findings, provide information. For more information, contact the information line at (301) 443-8956.



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The Rural South Central Wisconsin Perinatal Substance Abuse Project is a comprehensive effort to provide services in prevention, intervention, treatment and follow-up for women and infants who may be affected by substance use during pregnancy. This project is a partnership between the University of Wisconsin-Madison and perinatal centers, primary care providers and community-based health and human service agencies. It is funded by a five-year grant from the Office of Substance Abuse Prevention (OSAP).

Rural South Central Wisconsin
Perinatal Substance Abuse Project
602 State Street, Suite 201
Madison, WI 53703
(608) 265-2680

The Fetal Alcohol Education Program (FAEP), founded by Henry L. Rosett and Lyn Weiner, has been a leader since 1974, in research and education to prevent, identify, and treat alcohol-related birth defects. It conducted the first research program which demonstrated benefits to mothers and children when heavily drinking women were counseled to reduce alcohol consumption. The educational program includes; Professional training through in-service programs, care professionals, parents and educators; Materials distribution of original teaching packages, articles, books, and brochures. The FAEP, is a non-profit organization, funded by grants and private contribution. For more information contact:

Fetal Alcohol Education Program
Boston University School of Medicine
7 Kent Street
Brookline, MA 02146
(617) 739-1424

Western Regional Center for Drug-Free Schools, provides a two day workshop for training of trainers (TOT's) about the extent and nature of the problems for children affected with fetal alcohol and other drug effects (FADE) in the school, home and community. This workshop will help participants understand the importance of identification, and the implementation of instructional and administrative strategies for dealing with children and youth who were prenatally exposed to alcohol or other drugs. Participants will be helped to recognize that there is hope, and that much can be done to help fetally exposed children to succeed. Training is conducted in specific states only. For more information contact:

Carlos Sundermann
Western Regional Center for Drug-Free Schools
101 S.W. Maine Street, Suite 500
Portland, OR 97204
(503) 275-9478

School Age Parents/High Risk Youth Project, began in 1988 as a prevention-oriented program addressing the need to educate young people about the adverse effects of alcohol and other drug use during pregnancy. Designed to train professionals who work with youth, these workshops will prepare you to talk more knowledgeably with teens not only about the harmful effects of substance use on the fetus, but also about the serious, unanticipated consequences alcohol and drug use can have on the rest of their lives. One to five days training workshops are provided with more intensive information. Participants may earn Continuing Education Units (CEU's) for all workshops. Scholarships are available.

School Age Parent/High Risk Youth Project
519 Lowell Hall
610 Langdon Street
Madison, WI 53703-1195
(608) 262-8986

Au Clair program is a specialized residential services for children at risk. This program is designed for individuals who have not responded to services available through the traditional educational, developmental, and mental health systems. This program is for children, adolescents and receives referrals for behavioral disorders. Admissions Office

4185 Kirkwood Street, Georges Road
Bear, Delaware 19701
(302) 834-7018

Children's Medical Services (CMS) is a state agency that provides services for the prevention, diagnosis and treatment of handicapping conditions in children all over New Mexico. The CMS Program was created in January, 1982, by combining three state programs for handicapped children. Crippled Children's Services (CCS), the Supplemental Security Income-Disabled Children's Program (SSI-DCP), and the Child Development Center (CDC). The program is run by the Maternal and Child Health Bureau, Public Health Division, of New Mexico's Health and Environment Department. To inquire about other states who have a similar program you may want to contact the agency below for more information.

Children's Medical Services
1190 St. Francis Drive
Santa Fe, NM 87503
(505) 827-2548

Intermountain Youth Centers (IYC) was established in 1973, as a private not-for-profit service organization to provide a treatment alternative to incarceration or institutionalization for Indian American youth. IYC serves Native American youth between the ages of 12 and 18 who have been referred by tribal, county, state, or federal courts. The youths served typically have been identified as socially disabled, as in need of supervision, or as emotionally disturbed. This is a co-ed residential care facility.

Inter-Mountain Youth Center
P.O. Box 426
Santa Fe, NM 87504
(505) 986-8481



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Children with Emotional Disorders Area Resource (CEDAR), founded in October 1990 and incorporated as a non-profit organization, is a support group for parents and families of children with attachment disorders. The goal is to inform the public and help parents get the information and services they need in the State of Kansas. Chris Collier, has been the contact person who has assisted in the development and coordination of this program. C.E.D.A.R. is active in developing education and services related to; fetal alcohol syndrome/effect, drug-exposed infants; attachment disorder; respite care; attendant care, therapeutic foster homes and provides trainings. For more information contact:

Paula Vink
Cedar Branch Family Services
P.O. Box 1667
Great Bend, Kansas 67530
(316) 792-7067

Colorado FAS and Substance Abuse Coalition has an integrated approach for addressing the needs of families with children having alcohol and other drug related birth defects. In October 1990, the coalition was formed in order to promote education and disseminate knowledge about treatment and prevention services in the Denver community and outlying areas of Colorado. For more information contact: Colorado of Fetal Alcohol Syndrome Coalition
Children's Hospital
Attn: Donna Nimec, M.D., Pediatrician
1056 East 19th Avenue, B-140
Denver, CO 80218
(303) 861-6632

The Wisconsin Alcohol, Other Drugs and Pregnancy Work Group is a state-wide partnership of organizations committed to the prevention of birth defects caused by the use of alcohol, tobacco, cocaine or other drugs during pregnancy. Established in 1983, the goals of the Work Group have remained consistent: to promote education of women considered "at risk," and to train the professional who serve these women. For more information contact:

Kristi Swendrzynski, Co-Chairperson
602 State Street, Suite 205
Madison, WI 53703
(608) 262-8971

Fetal Alcohol Syndrome Adolescent Task Force goal is to provide education to parents and professionals in the community about Fetal Alcohol Syndrome and Fetal Alcohol Effects. It also has established a program for teenagers in providing prevention.

Vicky McKinney
Assistant Director
Fetal Alcohol Syndrome Adolescent Task Force
8607 24th Avenue, East
Tacoma, WA 98445
(206) 531-2878



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# *FAS NEWSLETTER'S*

**FANN**
**Fetal Alcohol Network Publication**
**Linda and Hank Will, Editors**
**158 Rosemont Ave.**
**Coatesville, PA 19320**
**(215) 384-1133**
**$15.00 Subscription**

**FAS Resource Coalition**
**7802 S.E. Taylor**
**Portland, OR 97215**
**(503) 254-8129**
**$20.00 Subscription**

**FAS & Other Drugs Update Newsletter**
**Prevention Resource Center**
**822 S. College Street**
**Springfield, IL 62704-2608**
**(217) 525-3456**
**FREE**

**Growing with FAS**
**A Fetal Alcohol Syndrome Network Publication**
**7802 S.E. Taylor**
**Portland, OR 97255**
**(503) 254-8129**
**$20.00 Subscription**

**ICEBERG**
**P.O. Box 95597**
**Seattle, Washington 98104**
**(202) 543-7155**
**$15.00 Subscription**

**NAPARE Conference Information**
**National Association for Perinatal**
**Addiction Research and Education**
**Ira J. Chasnoff, M.D., President**
**11 East Hubbard St., Suite 200**
**Chicago, IL 60611**
**(312) 329-2512**
**(ask about membership)**



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Prevention Quarterly Newsletter
Unitec Incorporated
3918 Prosperity Ave., Suite 205
Fairfax, VA 22031
(703) 641-0251
1-800-992-4489
$12.00 subscription

Prevention Pipeline
National Clearinghouse for Alcohol & Drug Info.
P.O. Box 2345
Rockville, MD 20852
1-800-729-6686
$20.00 this is a Bi-Monthly Newslettter

YOUTH INTOUCH Newsletter
Prevention Resource Center
822 South College
Springfield, Illinois 62704
(217) 525-3456
FREE

The Child Advocate Newsletter
Oklahoma Institute for Child Advocacy
4030 N. Lincoln, Suite 208
Oklahoma City, Oklahoma 73105
(405) 424-8014
FREE

Sobering Thoughts Newsletter
(Written by recovering women)
Women for Sobriety Inc
P.O. Box 618
Quakertown, PA 18951-0613
(215) 536-8026
$18.00 Subscription

The In-Care Networker
2906 2nd Avenue North #316
Billings, Montana 59101
(406) 259-9616

## "I AM MY MOTHER'S CHILD"

I HAVE EYES THAT SEE ALL BEAUTY
I HAVE A TONGUE THAT SPEAKS OF JOY
I HAVE A BRAIN THAT CAN MAKE MANY CHOICES

IT WAS MEANT TO BE THIS WAY
IT WAS CREATED TO GIVE JOY
TO RECEIVE JOY
TO SHARE LOVE
TO KNOW TRUST

I KNOW OF ALL THESE THINGS
MY LIFE HOLDS JOY
MY MOTHER SHOWS HER JOY
SHE LOOKS AT ME WITH LOVING EYES
SHE SPEAKS TO ME IN GENTLE CARING WORDS

HER LOVE FOR ME IS OVER FLOWING
SHE HAS PRIDE, FAITH, LOVE, HOPE
SHE SHARES ALL THESE THINGS WITH ME
SHE CAN DO THIS BECAUSE SHE HAS
ALL THESE THINGS FOR HERSELF
SHE CAN FEEL HOW MUCH I NEED THESE THINGS

I AM MY MOTHER'S CHILD

I HAVE HOPE
I KNOW HOPE

TOM YOWELL, M.Ed., N.C.A.D.C.
OKLAHOMA

## *ALCOHOLISM TREATMENT PROGRAMS*
## *ACCEPTING AMERICAN INDIAN PREGNANT WOMEN*

The Treatment Programs accepting pregnant women are listed below according to the twelve IHS areas. Each program has its own admission criteria on accepting women who are pregnant. (Some women may be denied due to the high risk concern about pre-natal care and delivery issues). Some of the programs listed may not take children due to few beds available, in some cases there may be a waiting list and some programs are co-ed.

### *ABERDEEN AREA:*

Women's Halfway House
P.O. Box 327
Macy, Nebraska 68039
(402) 837- 5377

Drug Dependency Unit (Residential co-ed)
IHS Winnebago
Box 754
Winnebago, Nebraska 68071
(402) 878-2874

Nebraska Urban Indian Health Coalition, Inc.
Intertribal Treatment Program (Residential co-ed)
2301 S. 15th Street
Omaha, Nebraska 68110
(402) 346-0902

Sioux San Alcoholism Program
3200 Cannon Lake Drive
Rapid City, South Dakota 57701
(605) 342-0076

Dakotah Pride Center
P.O. Box 659
Agency Village, South Dakota 57262
(605) 698-3917

Alcohol Program Lower Brule (Halfway House)
Lower Brule, South Dakota 57548
(605) 473-5585

Little Hoop Lodge
P.O. Box 638
Mission, South Dakota 57555
(605) 856-2342

***ALASKA AREA:***

Prenatal Residential Treatment Program
DENA-A-COY
3916 East 9th Ave
Anchorage, Alaska 99508
(907) 333-6677

Stika Teen Resource Center
Adolescent Regional Treatment Center
P.O. Box 1034
Stika, Alaska 99835
(907) 747-3500

Tanana Chiefs Conference Inc.
Regional Prevention Program
1302 21st Avenue
Fairbanks, Alaska
(907) 452-2446

***ALBUQUERQUE AREA:***

New Sunrise Regional Adolescent Treatment Center
P.O. Box 219
San Fidel, New Mexico 87049
(505) 552-6669

Peaceful Spirit
Southern Ute Alcoholism Program
P.O. Box 294
Ignacio, CO 81137
(303) 563-4618

Mescalero Apache Rehabilitation
P.O. Box 228
Mescalero, NM 88340
(505) 671-4432

Eight Northern Pueblos INC.
Alcoholism Program
P.O. Box 969
San Juan Pueblo, NM 87566
(505) 852-2788

## *BEMIDJI AREA:*

Wren House (Halfway House)
229 No. 4th Avenue West
Duluth, Minnesota 55806
(218) 722-2703

Liberalis Treatment Center (Women's Program)
1000 Lakeshore Drive
Moose Lake, Minnesota 55767
(218) 485-4411

Ain-dah-ing (Halfway House)
704 River Street
Spooner, Wisconsin 54801
(715) 635-8720

New Day Treatment Center (Residential co-ed)
Rt 1, Box 45
Baraga, Michigan 49908
(906) 353-6623 ext 340

White Earth Chemical Dependency Program
P.O. Box 435
White Earth, Minnesota 56591
(218) 983-3126

## *BILLINGS AREA:*

Thunderchild Treatment Center (Co-ed)
Bldg., 24, V-A-M-C
Sheridan , Wyoming 82801
(307) 672-3484

Spotted Bull Treatment Center
(Adolescent Residential co-ed)
P.O. Box 1027
Poplar, Montana 59255
(406) 768-3852

## *CALIFORNIA AREA:*

Friendship House
80 Julian Street
San Francisco, CA 94103
(415) 431-6323

American Indian Family Healing Center
Native American Drug Abuse Program
1815 39th Avenue
Oakland, CA 94601
(510) 534-2737

United Indian Lodge
1116 9th Street
Eureka, CA 95501
(707) 445-3071

American Indian Eagle Center
824 Altluntic Avenue
Long Beach, CA 90813
(213) 436-3991

Tule River Alcohol Program
Tule River Indian Reservation
Route 7, Box 270
Porterville, CA 93257
(209) 781-8797

*NASHVILLE AREA:*

Unity Regional Youth Treatment Center
(Adolescent Residential co-ed)
P.O. Box c-201
441 N. Sequoyah Trail Drive (Overnight Delivery)
Cherokee, North Carolina 28719
(704) 497-3958
FAX#(704) 497-6826

Partridge House
P.O. Box 608
Hogansburg, New York 13655
(518) 358-2224

*NAVAJO AREA:*

Shiprock Adolescent Treatment Center
P.O. Box 567
Shiprock, New Mexico 87420
(505) 368-4712

The Spring (Residential for women & their children)
P.O. Box 1106
402 East Wood
Carlsbad, New Mexico 88220-1106
(505) 885-6141

Four Corners Treatment Center
P.O. Box 567
Shiprock, New Mexico 87420
(505) 368-4712

Rehoboth McKinley Christian Hospital
Behavioral Health Services (Residential co-ed)
650 VandenBosch Parkway
Gallup, New Mexico 87301
(505) 722-3804

Four Winds
1313 Mission Avenue
Farmington, New Mexico 87499
(505) 327-7218

Casa de amigas (A home of recovery for women)
303 West Portland
Phoenix, Arizona 85003
(602) 252-8233

Tuba City FAS Program
Department of Behavioral Health Services Navajo
Room 115/118
Tuba City, Arizona 86045
(602) 283-6211 ext 448

*OKLAHOMA AREA:*

Chickasaw Nation of Oklahoma
P.O. Box 1548
Ada, Oklahoma 74820
(405) 436-2603

Native American Women's Alcohol Rehabilitation Center
Rt 6, Box 444
Ponca City, Oklahoma 74601
(405) 762-6329

Jack Brown Adolescent Treatment Center
(Adolescent Residential co-ed)
P.O. Box 948
Tahlequah, Oklahoma 74464
(918) 458-0496

Choctaw Nation Alcoholism Program
(Residential-coed)
P..O. box 59
Millerton, OK 74750
(405) 746-2225

Tulsa Community House-FAS Project (Out-patient)
1524 S. Denver
Tulsa, Oklahoma 74119
(918) 592-0695

*PHOENIX AREA:*

Guiding Star Lodge (Women & children-Residential)
636 N. Third Avenue
Phoenix, Arizona 85003
(602) 254-5805

Indian Recovery House Program (Residential-coed)
375 South 300 West
Salt Lake City, Utah 84101
(801) 328-8515

Rainbow Center (in-patient)
P.O. Box 1790
Whiteriver, Arizona 85941
(602) 338-4858

*PORTLAND AREA:*

Native American Rehabilitation Association
FAS Project, NARA/NW (in-patient)
2022 Northwestern Division
Greshan, Oregon 97030
(503) 669-7889

Inland Tribal Consortium Youth Treatment Center
1617 N. Calispel Street
Spokane, WA 99205-4819
(509) 624-1644

Women's Transitional Living Center
c/o Chemical Dependency Program
P.O. Box 306
Ft. Hall, Idaho 83203
(208) 238-3919 or 3920

Thunderbird
9236 Reton South
Seattle, WA 98118
(206) 722-7152

Nanitch Sahallie Adolescent Treatment Center
(Residential-coed)
5119 River Road, NE
Kaizer, Oregon 97303
(503) 390-5904

Puyallup Tribal Treatment Center
(Recovery House/in-patient coed)
2209 East 32nd Street
Tacoma, WA 98405
(206) 593-0232

# CULTURAL RESOURCES

FOLLOWING EACH ITEM IS LISTED THE SOURCE WHERE MORE INFORMATION MAY BE OBTAINED.

## CULTURAL SLIDES

"Pregnancy and the Fetal Alcohol Syndrome Unit 5", (46 slides/24 pages of text). The contents highlights that historically even in ancient times, alcohol was suspected of having a deleterious effect on the fetus. The slides show pictures of FAS children from all races, including American Indian, and strategies for the prevention of FAS/FAE prior to and during pregnancy and throughout infancy and childhood. Excellent for FAS presentations training to the community, high-school and professionals.

and

"Native American Alcohol and Substance Abuse Unit 10", (25 slides/24 pages of text). Covers the epidemiology of alcohol and substance use, tribal variations in the patterns of use and resulting problems, drinking problems as defined by Native Americans, and culturally-specific issues in clinical management with special attention to adolescents and women.

Project Cork Slide Lecture Series
Published by Milner-Fenwick, Inc
2125 Greenspring Drive
Timonium, Maryland 21093
1-800-432-8433

"Alcohol and the Unborn Baby", 45 cultural Indian slides (10 minutes). A cassette presentation of the devastating effects alcohol can have on the developing unborn baby. Emphasis is on the importance of not using alcohol or other drugs during pregnancy. Script by Hedy Beatty.

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"Jonathan", this 19 minute slide tape presentation on inhalant use is based on a true story of a White Mountain Apache boy whose sniffing of chemicals resulted in brain damage and severely impaired speech. Jonathan tells how he got hooked and his feelings of sadness and anger at being unable to walk, talk, or care for himself. Actual photographs are used in this presentation of 57 slides.

White Mountain Apache Tribal
Health Education Program
P.O. Box 1210
White River, AZ 85941
(602) 338-4953

"The Indian Women of the Early Dawn", slides/tape presents a philosophic view of an Indian Woman: her energy as an extension of the earth's work and her relationship to the male. (Color Video or slide and tape).

Shenandoah Film Productions
538 G Street
Arcata, CA 95521
(707) 822-1030

## *CULTURAL CURRICULUMS*

**"A Manual on Adolescents and Adults With Fetal Alcohol Syndrome With Special Reference to American Indians".** This manual is directed toward those who are involved in giving care and providing services to adolescents and adults with FAS/FAE. Prepared by Dr. Streissguth, Dr. LaDue and Sandra Randels.

Fetal Alcohol Syndrome Project
Indian Health Service Headquarters
300 San Mateo, N.E., Suite 500
Albuquerque, NM 87108
(505) 262-6112

**"American Indian Women's Issues and Community Empowering A focus on Fetal Alcohol Syndrome Prevention".** This is a training of trainers (TOT) manual developed by Theda New Breast, Gerald Hill and Carol Wright. The purpose of the training manual is to prevent and to intervene in the incidence of alcohol-related problems among Native American women. Special focus is on the impacting of the high rates of the birth defects FAS/FAE among Indian community.

American Indian Family Healing Center
1815 39th Avenue
Oakland, CA 94601
(510) 534-2737

"Working with Indian Women: A Community Education Approach". This curriculum was developed by a group of Native American people to promote a better understanding of issues facing Native American women and their Native American senior high students. The manual includes training modules on domestic violence, family dysfunction, FAS, leadership, and sexual assault. The modules includes instructions for conducting various group activities, content information, lecture notes, worksheets, and resource bibliographies.

Minnesota Indian Women's Resource Center
2300 15th Avenue South
Minneapolis, MN 55404
(612) 728-2000, Attn: Shelly McIntire

"Alcohol and Drugs Are Women's Issues". Developed by Paula Roth, ed. Volume I: provides a comprehensive review of the issues for multi-cultural groups of women and explores the linkages between alcohol and drugs and a broad range of women's health, social and policy issues. ($32.50) Volume II: provides a step by step guide of a model program developed by the Women's Action Alliance. ($29.50)

Scarecrow Press
P.O. Box 4167
Metuchen, NJ 08840
(908) 548-8600
1-800-537-7107

"Cherish the Children", this curriculum presents parenting skills for Native American families and includes lessons on nutrition, health, safety, talking skills, and self-esteem for parent and child. It was designed to help Native American parents sort out their beliefs, values, and methods of parenting. It has been described as a "powerful change-making tool". The package includes trainer's manual, worksheets and supplementary readings.

Minnesota Indian Women's Resource Center
2300 15th Avenue South
Minneapolis, MN 55404
(612) 728-2000, Attn: Shelly McIntire

"Being Free: Prevention Curriculum for American Indian Youth". This curriculum was developed by Native American and non-Native curriculum writers for the Chippewa and Sioux tribes. The lessons are divided into Primary (K-3), Intermediate (4-6), Junior High (7-9), and Senior High (10-12). The lessons focus on attitudes, feelings, families, making choices, influences, information about alcohol and other drugs and FAS.

Minnesota Prevention Resource Center
Al Fredrickson,
2829 Verndale Ave.
Anoka, MN 55303
(612) 427-53101

"FAS Community Education Kit", geared toward Native Americans kit includes 17 components aimed toward raising awareness about FAS. This tool offers comprehensive up-to-date support for providing effective awareness. The kit includes a Training Resource Manual for Health Professionals and information pieces for groups of 25 people. It has posters, recipe, booklet, fact sheets, bumper-stickers, book-markers, resource guide, pamphlets and prevention booklets.

California Urban Indian Health Council, Inc.
3637 Marconi Avenue
Sacramento, California 95825
(916) 484-4353
Attn: Pepper Terry

"Parent Training" a curriculum for parent training that draws on the cultural strengths of Indian child rearing. ($35.00).

Northwest Indian Child
Welfare Association, Inc.,
C/O R.R.I., P.O. Box 751
Portland, OR 97207
(503) 725-3038

# *CULTURAL VIDEO'S*

"What's Wrong With My Child", video of ABC "20/20," Tom Jarrel examines alcohol abuse by pregnant women and the resulting fetal alcohol syndrome of grown children and young adults. (25 minutes, video cost $295.00).

Coronet/MTI Film and Video, Inc.
Film Service Center
420 Academy Drive
Northbrook, Illinois 60062
(708) 940-1260 or (800) 621-2131

"The Broken Cord", book by Michael Dorris who adopts a son, from South Dakota. Adam has various learning disabilities, behavior problems and medical problems. Dr. Dorris discovers the cause for his son's problems is due to maternal alcohol abuse during pregnancy. Cost is $18.00

"The Broken Cord", 1989, by Michael Dorris
Harper & Row
10 East 53rd Street
New York, New York 10022

"Healing the Broken Cord," a videotape of the conference is available for sale as a resource for all communities that want information and skills to address the problem of FAS.

National Organization on FAS
1815 H. Street NW, Suite 750
Washington, DC 20006
(202) 785-4585



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"Something to Celebrate", video about a young Native couple who just learn that Mary is pregnant. She goes to the local clinic and learns about the dangers of drinking while pregnant. This is an excellent film for Indian students at the high school level to learn about FAS. (28 minutes, 1984).

and

"A Hit For Mike", video about involving native boys sniffing gasoline, nurse identifies the problem, and concerned friends go to the referral center and enlist the aid of a tribal elder. (28 min., 1985).

Seneca
77 Metcalfe St.,
Ottawa, Ontario
(514) 632-8707

"A CIRCLE OF LIFE", is presented by American Indian youth for American Indian youth. Includes the effects of drugs and alcohol use on the unborn child. The video creates an awareness of the issues surrounding teen pregnancy, parenting and abusive relationships. This video documentary reveals the real life issues of teenage pregnancy directly from those who lived it. The difficulties of becoming a single parent and making decisions about their sexual activity, contraception and pregnancy. The video stresses the importance of education, prenatal care and family planning. Women and men tell their stories about what has worked for them. Excellent for teenagers to view! (Cost is $45.00)

Leech Lake Reservation HEALTH DIVISION
R.R. 3, Box 100
Cass Lake, MN 56633
(218) 335-8820

"Pregnancy On The Rocks", offers information about FAS frequency, degrees of FAS and FAE, short and long term effects and current research findings from U.S., Canada France. Training film for health and social service staff and professionals. (26 min., 1981, cost $425.00).

Hazelden Education Film Department
P.O. Box 176
Center City, MN 55012-0011
1-800-328-9000
Attn: Film Rental

"The Honor of All", video has three parts made by the Alkali Lake Band in British Columbia, Canada. Part I is a 56 minute documentary telling the story of how one person can make a difference in giving up drinking in the community. Part II, a one hour documentary out-lines the community development process that occurred at Alkali Lake Community. Part III, is a 26 minute documentary that expands on the theme of community development and personal growth.

Phil Lucas Productions, Inc.,
P.O. Box 1218
Issaquah, WA 98027
(206) 392-9482

## *CULTURAL BROCHURES*

"Men Can Help Prevent Fetal Alcohol Syndrome!", information pertaining to men to help women stay sober during their pregnancy.

Dakota Women of All Red Nations
Health Education Program
P.O. Box 572
Lake Andes, SD 57356
(605) 487-7072

"National IHS, FAS Program Brochure", provides a program description with goals and objectives.

and

"Advice For Indian Women For A Safer Pregnancy and a Healthier Baby". This brochure provides the do and do not's of pregnancy. 1 version with a picture of Indian baby on cover. Target group: Primigravidas, high school and community.

and

"What Can A Man Do To Help His Wife and Unborn Baby"? A brochure which tells a man how to support his wife's lifestyle when pregnant. 1 version that has Indian people in modern dress, therefore and Indian theme and no particular cultural theme. Target group: Men and boys in community and High School.

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**"Fetal Alcohol Syndrome/Fetal Alcohol Effect A Family Experience: A Community Concern".** Brochure Art cover submitted by the Tucson Area Alcohol and Substance Abuse Program to represent their community. Provides detailed description of FAS and its characteristics.

and

"Alcohol and Pregnancy", brochures provide detailed description of FAS and its characteristics. 4 cultural versions-Navajo, Southwestern, (2) brochures for Plains and Navajo.

Contact for free materials:
Indian Health Service Headquarters West
National Fetal Alcohol Syndrome Project
300 San Mateo, N.E., Suite 500
Albuquerque, New Mexico 87108
(505) 262-6112

**"Protect Our Future: Prevent Fetal Alcohol Syndrome",** a cultural colorful brochure about FAS produced by the Health Education Department of the White Mountain Apache Tribe in cooperation with the FAS Prevention Project (1984).

Health Education Department
P.O. Box 1210
Whiteriver, AZ 85941
(602) 338-4953

## *CULTURAL MAGAZINE*

**Honoring the Children, published as a special project by Northwest Indian Child Welfare Association (NWICWA).** This annual magazine is for parents and care-givers of Indian children, focusing on the physical, emotional and mental characteristics and behaviors of children with FAS/FAE. (Charge for postage and handling).

Northwest Indian Child Welfare Association
C/O RRI, P.O. Box 751
Portland, OR 97207
(503) 725-3038

# *CULTURAL CATALOGS*

Catalog on Native American Films
Availability
Shenandoah Film Productions
Indian Owned Enterprise
538 G Street
Arcata, California 95521
(707) 822-1030

National Film Board of Canada
1251 Avenue of the Americas
New York, NY 10020-1173

# *CULTURAL POSTERS*

**"A Healthy Pregnancy and A Healthy Child are Symbols of a Healthy Future, Protect Your Future: Get Early Medical Attention".** (Poster-Navajo).

and

**"The Safe Choice Is Not To Drink For Baby's Sake...and Yours".** (Poster-Plains).

and

**"For Baby Sake...And Yours...The Safe Choice Is Not To Drink During Pregnancy".** (Poster-Tucson Area).

and

**"Give Your Baby A Healthy Start...".** (Poster-Southwestern).

Contact for free materials:
Indian Health Service Headquarters West
National Fetal Alcohol Syndrome Project
300 San Mateo, N.E., Suite 500
Albuquerque, New Mexico 87108
(505) 262-6112



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**An Inner Voice Tells You Not To Drink Or Use Other Drugs,** an Indian women on poster. (Free).

and

Honor the Tribe Poster by artist Sam English (Free)

and

Honor the Earth Poster by artist Sam English (Free)

and

Honor the Family Poster by artist Sam English (Free)

National Clearinghouse for Alcohol
and Drug Information
P.O. Box 2345
Rockville, MD 20857
1-800-729-6686

**Proud to Be Me!**, poster that has a picture of young girl and message stating tribal heritage is an asset.

and

**Prevent Fetal Alcohol Syndrome**, poster of a lady and baby with the message that FAS is completely preventable.

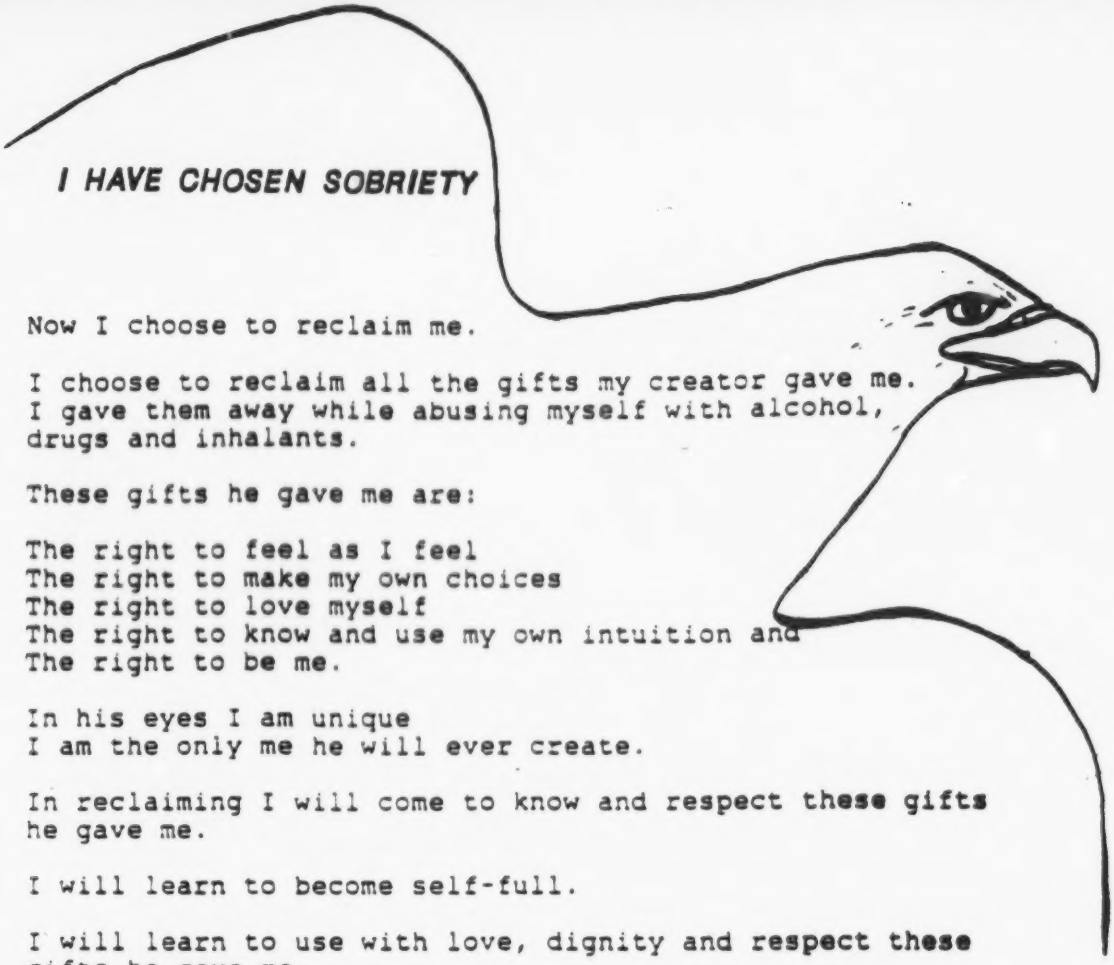
Native American Development Corporation
1000 Connecticut Avenue, N.W., Suite 1206
Washington, D.C. 20036
(202) 296-0685

**Our Heritage is Sacred**, a poster designed by 13-year-old Eric Chance of the Lummi tribe was selected as the winner of an FAS prevention poster contest. (Cost $12.00).

and

**Healing the Broken Cord**, a poster donated by Sam English studio. (Cost 15.00).

National Organization
on Fetal Alcohol Syndrome
1815 H. Street NW, Suite 750
Washington, DC 20006
(202) 785-4585



## *I HAVE CHOSEN SOBRIETY*

Now I choose to reclaim me.

I choose to reclaim all the gifts my creator gave me. I gave them away while abusing myself with alcohol, drugs and inhalants.

These gifts he gave me are:

The right to feel as I feel
The right to make my own choices
The right to love myself
The right to know and use my own intuition and
The right to be me.

In his eyes I am unique
I am the only me he will ever create.

In reclaiming I will come to know and respect these gifts he gave me.

I will learn to become self-full.

I will learn to use with love, dignity and respect these gifts he gave me.

Because I do this, I will also learn to respect others in my world.

In becoming self-full I will become able and willing to share my growth with all people.

I do this because it is his way.

His way will become my way.

It will be different.

Sometimes it will be painful.

I am ready.....

**TOM YOWELL, M.Ed., N.C.A.D.C.**
**OKLAHOMA**



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## NATIONAL CLEARINGHOUSE FAS RESOURCES

**If Someone Close...has a problem with alcohol or other drugs.** Information to understand in strategy for helping brochure. (DHHS Publication NO. ADM 92-1916).

**How to Take Care of Your Baby Before Birth.** New booklet aimed at pregnant women. The easy-to-read, four-page booklet is available free of charge. Through the booklet's appealing word-and-picture format, women learn how to help their baby grow strong and healthy, why they should avoid alcohol and other drugs during pregnancy.

**The Fact Is. . .Alcohol and Other Drugs Can Harm an Unborn Baby.** A listing of FAS video's, books and other resources.

**Prevention Resource Guide on Women.**

**Pregnant and Postpartum Women and Their Infants.** Is a prevention resource guide that was compiled from a variety of publications and data bases and represents the most currently available information to date.

**Preventing Fetal Alcohol Syndrome: A Practical Guide for OB/GYN Physicians and Nurses.** Booklet provides information to assist health care professionals in identifying the alcohol abusing Obstetric/Gynecologic patient.

**Alcohol, Tobacco, and Other Drugs May Harm the Unborn.** Booklet provides most recent findings of basic research on other drug effects on the unborn.

**Identifying the Needs of Drug-affected Children: Public Policy Issues.**

**NCADI Publications Catalog**
Ask for catalog for other free materials on FAS.

Office of Substance Abuse Prevention
National Clearinghouse for Alcohol/Drug Information
Office of Substance Abuse Prevention
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600 or 1-800-729-6686
Ask for the Information Specialist

"Alcohol and Other Drug-Related Birth Defects Awareness Week Packet", this packet provides information on FAS awareness and prevention for month of May. It includes, advocacy materials, educational materials, press materials and resource materials to help promote your community. Free

National Council on Alcoholism and Drug Dependency
1511 K. Street, N.W., Suite 926
Washington D.C., Maryland 20005
(202) 737-8122

"Healthy Habits-Healthy Babies Awareness Month," packet provides information about alcohol, other drugs and pregnancy; tools to successfully carry out awareness efforts to plan local and statewide activities. Free

Kristi Swendrzynski
602 State Street, Suite 205
Madison, WI 53703
(608) 262-8971

## *BOOKS*

"Handle With Care: Helping Children Prenatally Exposed To Drugs and Alcohol". This book is targeted parents, teachers and other care-givers of children aged 10 and under. It gives a practical look at the health and educational needs of children exposed to drugs and alcohol while in the womb. It empowers parents and teachers with the knowledge, optimistic attitude and concrete skills they need to make a difference for these children in their schools, homes or clinics. (1992). Cost is $ 17.95.

and

"Young And Pregnant-A Book For You". Easy-to-read information for teens on topics such as how you got pregnant, what to do next, all about pregnancy, making labor easier, things to consider, getting back to normal, and more. This book provides a good model for presenting information to teens. (1989). Cost is $4.95.

Health Edco
A Division of WRS Group Inc.
P.O. Box 21207
Waco, Texas 76702-1207
1-800-299-3366 or
(817) 776-6461 ext 295

"The Growing Child With Fetal Alcohol Syndrome", describes some of the social, physical, and intellectual consequences of FAS on the growing child. A case study of a 6-year old child is presented, as is a comprehensive list of clinical features of the syndrome. 1985.

Availability
Thomas W. Perrin, Inc.
One Madison Street
East Rutherford, NJ 07073
(201) 777-2277
$.81 postpaid

International Directory of Genetic Services
Provides a complete and accurate identification of genetic units and their services worldwide. The data has been cross-referenced as follows: Directory of Genetics Units; Directors with Unit Number, Country and Genetic Services Rendered; Genetic services Rendered by Country and Unit Numbers; and Availability of Genetic services.
Cost $5.00 for Directory

Materials and Supply
March of Dimes
Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, New York 10605
(914) 428-7100

Starting Early: A Guide to Federal Resources on Maternal Child Health by National Center for Education. (1988) Revised. This guide provides information on services, educational materials and technical assistance to organizations agencies and individuals with Maternal Child Health issues. Free

National Maternal & Child Health Clearinghouse
38th & R. Street, N.W.
Washington, DC 20057
(202) 625-8410

The American Association of University Affiliated Programs resource guide list organizations concerned with developmental handicaps.

American Association of University Affiliated Programs
8630 Fenton St, Suite 410
Silver Spring, MD 20910
(301) 588-8252



BEST COPY AVAILABLE

"AA for the Woman", Explains how Alcoholics Anonymous can help the woman with a drinking problem; includes brief case histories of alcoholic women who have recovered through the AA program.

and

"This is AA", Describes the purpose and nature of Alcoholics Anonymous, including its concept of alcoholism, its 12-step recovery plan, and its self-help philosophy.

and

"I Am Responsible: Women, Alcohol and Dependency", Book Copyright 1981 by Johnson Institute, Inc.

Alcoholics Anonymous:
P.O. Box 459
New York, NY 10017
Johnson Institute Inc.,
10700 Olson Memorial Highway,
Minneapolis, MN 55441
(612) 544-4165

## *LEGISLATION*

"Alcohol Warning Posters: How to Get Legislation Passed in Your City". About how to support health warnings about alcoholic beverages in a community approach. Booklet cost $4.95 each.

Center for Science in the Public Interest
1875 Connecticut Avenue, N.W., Suite 300
Washington, D.C. 20009-5728

"The Advocate's Guide to SSI For Children". A comprehensive manual for working with the laws, regulations, policies and procedures that govern eligibility for Supplemental Security Income of children with disabilities.

Mental Health Law Project
1101-15th Street, N.W., Suite 1212
Washington, D.C. 20005

## *BROCHURES*

"For a Strong and Healthy Baby", pamphlet provides understanding the risks and taking steps to avoid cigarettes, alcohol and other drugs.

Office of Substance Abuse Prevention
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

"Q & A For You and Your Baby", an attractive easy to read folder that explains the dangers of drug and alcohol use during pregnancy. For patients and the general public.

and

"What You Need to Know About Fetal Alcohol Syndrome". Two-color folder explains and diagrams signs of FAS; discusses the dangers of drinking alcohol while pregnant or breast feeding, and the possible developmental delays in children with FAS or FAE. For both professionals and patients.

and

"Guidelines For Adopting Drug-Exposed Infants and Children". Two-color, 12-page booklet offers an explanation of the risk factors in adoption; a checklist of essential information for adoptive parents; and comforting techniques for a drug-exposed infant. For prospective adoptive parents, social service professionals who work in adoption and foster care, physicians and attorneys.

and

"Professional Packet". A complete package of articles, bibliography and materials developed for the professional who needs access to the most current medical, developmental, educational and legal research information in the field of perinatal addiction.

National Association for Perinatal Addiction
Research and Education (NAPARE)
11 E. Hubbard St., Suite 200
Chicago, IL 60611
(312) 329-2512

"Choices for the Future", is a brief brochure about fetal alcohol syndrome prevention for teenagers who are not pregnant. (1979).

and

"Can I Take This if I'm Pregnant?", 1980, Book Cost $.30, 8 pages.

and

"FAS Packet", includes pamphlets. recent findings bibliography and a poster. Cost $6.95.

and

"FAS Effects", 2 pages. Cost $1.50.

Con't



BEST COPY AVAILABLE

"Preventing FAS Effects", pamphlet cost $1.25

Wisconsin Clearinghouse
P.O. Box 501
1954 East Washington Avenue
Madison, Wisconsin 53704-5291
(608) 263-2797

"Warning: Alcohol Can Be Hazardous To Your Unborn Baby's Health", a two page pamphlet.

and

Request for Professional Package on Fetal Alcohol Syndrome. This package includes materials designed to provide the State of New York with the newest information on the effects of alcohol and other drugs on pregnancy outcome.

New York State Department of Alcoholism & Abuse
194 Washington Avenue,
Albany, New York 12210
(518) 474-3377

"Drugs and Pregnancy: Its Not Worth the Risk",
.25 cents a copy.

The American Council for Drug Education
204 Monroe St., Suite 110
Rockville, Maryland 20850
(301) 294-0600

"What Everyone Should Know About Fetal Alcohol Effect", a 15 page booklet.

and

"About Cocaine and Pregnancy," is a booklet that describes the cocaine effects on pregnancy.

and

"About Pregnancy and Drugs," is a booklet that discourages women from using alcohol and many other types of drugs during pregnancy. An easy-to-read discussion of the risks of drug use is included. (15 pages-1988).

and

"Your Unborn Baby and You," is a booklet about healthy messages by eating right, getting rest and exercise and avoiding hazardous substances.

Con't

"How to Have a Healthy Pregnancy," is a booklet about the right attitudes and actions to have a healthy pregnancy.

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
(413) 665-7611

"D*A*T*A Drugs, Alcohol, Tobacco Abuse During Pregnancy" 100 brochures cost $3.50.

and

"You are Pregnant, You're in Your Teens, And You Need Help". 50 brochures cost $3.50.

and

"Facts You Should Know About Teen-Age Pregnancy". brochures cost $2.00.

and

"A Message For Teens From Teens", a three page brochure.

and

"How Your Baby Grow's", a six page brochure.

and

"Dad, It's Your Baby Too", a two page brochure.

and

"Making the Right Choices: The Facts about Drugs and Pregnancy", a two page brochure.

March of Dimes Birth Defects Foundations
1275 Mamoroneck Ave.
White Plains, NY 10605
(914) 428-7100

"What You Need To Know Fetal Alcohol Syndrome", a three fold brochure $1.00 each.

Napare Child Study Center
11 E. Habbard St, Suite 200
Chicago, IL 60611
(312) 329-2512

"Fetal Alcohol Syndrome/Effects Prevention for Women and Teens", brochure.

and

"Alcohol/Drug Related Birth Defects Prevention Program", about community prevention on FAS.

Con't

"Alcohol-Related Birth Defects Know the Facts!",
a question and answer brochure on FAS.

and

"Should I Drink?", three page picture brochure with information about alcohol consumption.

Lincoln Council on Alcoholism and Drugs
914 L. Street
Lincoln, NE 68508
(402) 475-2694

"TEN Ridiculous Ideas That Will Make A Father Out of You", a three page brochure about myths.

Planned Parenthood
Association of Oklahoma City
619 N.W., 23rd Street
Oklahoma City, OK 73103

"Learn About Alcohol and Pregnancy", 15 page booklet with cartoon illustrations on information about alcohol effects on the unborn.

and

"Fetal Alcohol Syndrome", explains the effect of alcohol on the fetus.

and

"Tad and Me", this story of Tina and Tad's friendship reveals the human reality of fetal alcohol syndrome. Tina's research for her health class report uncovers important facts for everyone to consider about drinking while pregnant. For ages 10-14. (32 pages).

and

"Early Bird Warning Signals of Alcoholism" brochure.

and

What's Drunk Mama?, children's book by Al-Anon

and

My House Is Different, children's book by Kathy DiGiovanni.

and

The Brown Bottle, children's book by Penny Jones.

Con't

"Fetal Alcohol Syndrome", booklet that gives FAS information. (1980)

Hazelden Education Materials
15251 Pleasant Valley Road
P.O. Box 176
Center City, NM 55012-0176
1-800-328-9000

"Women, Alcohol and Drugs", three page brochure about chemical dependency.

Krames Communications
312 90th Street
Daly City, CA 94015-1898
(415) 994-8800

"Healthy babies say thanks, mom...for not drinking alcohol during pregnancy", a three page brochure. Limited quantities for out of state request.

Oklahoma State Department of Mental Health
P.O. Box 53277
Oklahoma City, OK 73152
(405) 271-8755

" Fetal Alcohol Syndrome...because you're not alone", brochure has the picture of a bear in the wine glass.

Virginia Department of Mental Health
and Mental Retardation
P.O. Box 1797
Richmond, Virginia 23212

A Story About Feelings, is a story book by Johnson Institute. The book can go along with the feeling puppets for classroom story time. The book is simple and short.

Kinetic INC
255 Delaware Ave., Suite 340
Buffalo, New York 14202
(716) 856-7838

An Elephant in the Living Room. This is a book written for children of alcoholics (COA's) by Jill M. Hasting and Marion Typpo. The leaders guide for helping children is also available.

CompCare Publishing
2415 Annapolis Lane, Suite 140
Minneapolis, Minnesota 55444
1-800-328-3330

"Mama, I Want To Be Healthy". This pamphlet unfolds like a birthday card to become a vibrant poster featuring the nutrition pyramid endorsed by the U.S. Department of Agriculture. Covers 10 keys topics on pregnancy with this full-color pamphlet: early prenatal care, exercise, rest, warning signs, street drugs, alcohol, smoking, caffeine, over-the-counter medicines, and environmental hazards. It will be a frequent reminder for expectant moms to eat well, drinks lots of fluids and eat healthy snacks. Some ethnic and vegetarian foods are included. Third-to-sixth grade reading level. Cost varies as per number of orders of pamphlets.

Health Edco
A Division of WRS Group Inc.
P.O. Box 21207
Waco, Texas 76702-1207
1-800-299-3366
(817) 766-6461 ext 295

"Baby Food?", bookmarks with a picture design of a baby bottle and on the back has information of when you use alcohol or other drugs. You can add your agency address on bookmark.

and

"Baby Food?", as a three-fold brochure with a picture of the baby bottle with information about alcohol and other drugs. You can order your agency address on brochure.

Bottles With Impact
1300 50th, Suite 106
West Des Moines, IA 50265
1-800-846-4903

# *DISPLAY MODELS*

**"Baby Bottle Display"**, is a baby bottle filled with beer caps, cigarette butts, and pills, was originally created in a small quantity by a public relations consultant, Ardis Glace. The idea is to promote the State's new alcohol and other drug prevention Public Service Announcements. These bottles can be used for display and training in clinics, public health departments, high schools, and prevention programs. They come in two sizes, 8 oz and 4 oz.

Bottles With Impact
1300 50th, Suite 106
West Des Moines, IA 50265
1-800-846-4903

**"Pocket Uterus, Baby and Mini-Pelvis Models".** An exceptional one-to-one teaching tool for presentations or clinic's. The five inch long baby has a detachable placenta and cord with amniotic sac. The pelvis and knitted uterus are proportioned to fit the baby. A tiny flannel receiving blanket helps you show parents how to swaddle a baby. A tote bag keeps everything together. Cost is $47.50.

and

**"Make Healthy Choices For Your Baby".** This 23"x 25", vibrant chart lets you relate healthy fetal development to good nutrition, exercise, prenatal care and rest during pregnancy. It visually inks poor nutrition, drugs, alcohol and smoking with premature and poorly developed babies.

and

**"Four Trimesters of Childbearing".** Chart or slides available. This set of four, full-color illustrations traces fetal development and maternal changes during pregnancy and directly relates them to the appropriate weeks of gestation. The often neglected 4th trimester of postpartum adjustment is included. Size is 19"x 25". Cost is $34.95.

and

**"Alcohol & Pregnancy Booklet & Flip Chart: Keeping Your Baby Sober".** Booklet 16 pages, Flip Chart is 12"x17", 6 panels, full color. Cost $49.00

Con't



BEST COPY AVAILABLE

"Conception to Birth". Folding display that shows the various developmental stages from zygote to embryo to fetus and newborn. It is an ideal education display. Cost is $79.00.

Health Edco
A Division of WRS Group Inc.
P.O. Box 21207
1-800-299-3366
(817) 766-6461 ext 295

## *POSTERS*

"Is It Safe To Drink While I'm Pregnant".
No charge for poster. Prefer written request in writing. 10 copies only for out of state requests.

Bureau of Community Ed., and Intervention Dept.
194 Washington Avenue
Albany, New York 12210
(518) 473- 3231
Ask for Leslie Connors

"No Thanks...I Want a Healthy Baby", discusses about the effects of drinking during pregnancy.
Single copy free, also comes with a pamphlet.

Prevention Resource Center
901 South Second Street
Springfield, IL 62701
1-800-252-8951

"Play Full", poster and index cards about "A First Years's Guide to Baby's Growth and Development", this provides information about baby growth and development during the first year as each develops at different speeds. (1986). Free

Mead Johnson Nutritional Division
Evansville, Indiana 47721
(812) 429-5000

"What Mother Never Told You About Fetal Alcohol Syndrome...Mother Never Knew", poster. also available on index card size of the poster and on the back is titled, "Mothers' Memories", to help each mother remember some of the personal moments during this special time of having her baby.

Con't

**"Make a healthy choice for three...during pregnancy, stay drug and alcohol free"**, poster that has the father and mother hands together holding the baby.

Lincoln Council on Alcoholism and Drugs
914 L. Street
Lincoln, NE 68508
(402) 475-2695

**"Babies Aren't Suited To Getting Polluted"**, a pink poster that has a pregnant womon cartoon drawing. This is only available in the state in of Oklahoma.

Oklahoma State Department of Mental Health
P.O. Box 53277
Oklahoma City, OK 73152
(405) 271-8755
(Ask for Jan Hardwick)

## *VIDEO'S*

**"Standing on Higher Ground"**. This video gives an intimate view of addiction, recovery and ACoA issues from the perspective of a young mother. 13 minutes, $195.00.

and

**"Women, Wine and Wellness"**. Is about how alcohol can have a devastating effect on any individual, but is particularly dangerous for women. This important new two-part series takes a serious look at the gender specific issues relative to women of all ages, this series is especially for women ages 17-25. **Part I: "Alcohol and Your Body"**, video is about the basic differences in size between men and women relating to the disease of alcoholism. (10 minutes, cost $195.00). **Part II: "Fetal Alcohol Syndrome"**, is about the effects of alcohol on the fetus. (9 minutes, Cost $195.00). You can purchase both sets for $350.00.

and

**"The Journey Through Darkness into Light"**, this video is about shared experiences, from the hearts of women, shed light on the inner landscape of the alcoholic woman, and depict the nature of the healing process.

Kinetic Inc.
255 Delaware Avenue, Suite 340
Buffalo, N.Y. 14202
(716) 856-7631



BEST COPY AVAILABLE

"Healthier Babies: The Genetic Era", a 20 minute color 16mm film, that dramatizes the impact on individual families and society of four types of birth defects that arise from different genetic and/or environmental causes. Included are portrayals of prenatal diagnosis and the birth of a healthy baby.

and

"It's Up to Me", video about how the choices a woman makes during the nine months of pregnancy can affect her for life. There are no second chances. Some of the positive choices explored in this video include keeping medical appointments and maintaining proper nutrition. Decisions to use alcohol and other drugs including nicotine, can undermine the growth and development of the fetus.

March of Dimes
Birth Defects Foundation
1275 Mamaroneck Ave.,
White Plains, NY 10605
(914) 428-7100

"One For My Baby", presents information about FAS and its symptoms, risks, and prevention through abstinence. Two couples who have children with the syndrome--one natural born, and one adopted--share their feelings. This film investigates both the medical and human aspects of FAS through interviews with leading medical experts and profiles of parents with FAS children. It is appropriate for professional training, prevention programs and community outreach. (1982) 28 minutes.

AIMS MEDIA
6901 Woodley Avenue
Van Nuys, CA 91406-4878
1-800-367-2467

"I DID NOT MEAN TO HURT YOU BABY", depicts a young woman confronted with the question of whether or not to give up casual or "social" drinking during the term of her pregnancy. Designed as an educational tool for the classroom and for community education programs. (1984) 16 minutes. Available for loan only.

Virginia Department of Mental Health/Mental Retardation
Prevention/Information/Training
P.O. Box 1797
Richmond, VA 23214
(804) 786-3909

"Born Drunk", this video examines America's leading preventable birth defect. Information about FAS can play an essential role in shaping informed attitudes toward alcohol use and the responsibilities of parenthood. An ABC 20/20 Production. (10 minutes)

and

"FAS Syndrome", this video explains the physiological effects of FAS on children born to alcoholic mothers. It also offers comments from recovering parents who have children who were affected by the mother's alcohol use. (15 minutes)

Coronet MTI Film & Video
108 Wilmot Road
Deerfield, IL 60015
(312) 940-1260
1-800-621-2131

"Straight From the Heart", is about stories of mothers recovering from addiction is a patient education video designed to motivate chemically dependent women to seek treatment. Ideal for showing in prenatal settings and useful in training professionals about perinatal addiction issues. (28 minutes) Cost $275.00.

and

"A Challenge To Care", provides strategies to help chemically dependent women and their children. A staff training program for professionals working with childbearing women and their children.

Vida Health Communications
6 Bigelow Street
Cambridge, MA 02139
(617) 864-4334

"FAS Unexplained" video

Films Inc.
5547 N. Ravenswood Avenue
Chicago, Illinois 60640-1199
(312) 878-2600

"When Your Unborn Child is on Drugs or Tobacco" Video
Cost $260.00 + $16.00 Shipping

Churchill Films
12210 Nebraska Avenue
Los Angeles, CA 90025
1-800-334-7830

"Women, Drugs & The Unborn Child," this video is about treating the Chemically Dependent Woman and Her Child. This part discusses the issues facing health care providers and the pregnant, substance-using patient including pre- and postnatal effects of exposure to alcohol and other drugs.
(58 minutes).

and

"Before the Baby", this video educates women on the importance of adequate prenatal care during pregnancy and strongly urges women to seek and receive that care. (11 minutes)

and

"A Love Story for My Unborn Child", this is a 3 topic program focusing on the risks encountered with alcohol consumption, drug or medication use, and smoking during pregnancy. The program emphasizes the importance of cooperation and consultation with health professionals for a healthy pregnancy and baby. (8 minutes).

and

"A Pregnant Women Never Drinks Alone", the Surgeon General advises women who are pregnant or considering pregnancy not to drink alcoholic beverages and to be aware of the alcoholic content of foods and drugs. All mothers-to-be should be made aware of the risk of alcohol consumption during pregnancy and advised to not drink alcohol. (8 minutes).

and

"Alcohol Crisis for the Unborn", by March of Dimes, is a 15 minute color VHS that discusses harmful effects of alcohol on the fetus. Dr. David Smith describes some symptoms common in children born to alcoholic mothers. A 3-year-old boy with FAS is compared to a normal girl of the same age. Dr. Kenneth Jones talks about the effects of moderate drinking on the fetus. His studies show that some children born to mothers who drank two ounces of alcohol daily during pregnancy showed signs of the syndrome. (1979).

Gene Hester
New York State Division on Alcohol,
Abuse & Alcoholism
NYS DAAA Film & Video Library
155 Washington Avenue, 3rd floor
Albany, New York 12210
(518) 432-8281 or (8282)

"Innocent Addicts", features the stories of twelve mothers and their personal struggle with chemical dependency. The film shows the denial that prevents women from seeking help for their addiction. (29 minutes).

or

"Journey to Birth" video.

Lincoln Council on Alcoholism and Drugs
914 L. Street
Lincoln, NE 68508
(402) 475-2694

"FAS/FAE What's the Difference?", is about the physiological effects of FAS/FAE as well as the behavioral problems that can arise. Ann, a mother who abused alcohol during her pregnancy, speaks candidly about her guilt. A clinical psychologist discusses the permanent damage that alcohol can do, including learning disorders, speech and hearing problems, and damage to the central nervous system. Viewers will learn the differences and similarities between FAS/FAE, and of the potential challenges and disabilities faced by these children. (23 minutes).

and

"What is F.A.S.?", this is designed for families, educators and health care professionals that examines the cause, treatment, and prevention of alcohol-related birth defects. Highlights include interviews with mothers and families of F.A.S. children, and commentary from international experts. (24 min.).

"Preventing F.A.S.", this program looks at primary and secondary prevention of FAS. Primary prevention aims to reduce alcohol consumption generally, and to raise public awareness of alcohol-related birth defects. Secondary prevention programs identify high-risk women and help them to stop drinking. (21 min.).

and

"Assessment and the Early Years", this program examines the role of diagnosis and assessment in caring for the FAS/FAE child. Pediatricians, psychologist, and educators discuss the special needs of children with FAS or FAE and offer strategies for working with them in the home, preschool and elementary school. (21 min.).

Con't



BEST COPY AVAILABLE

"Adolescence and the Future", this program focuses on two young people with F.A.S. Parents, educators, and health professionals discuss the problems these young people face. Parents are encouraged to help their children develop job skills, life skills and self-esteem. It also examines the skills and attitudes parents need in order to work with FAS/FAE children. (22 min.).

and

"Living With FAS/FAE: The Early Years, Birth Through Age 12"

and

"Living with FAS/FAE: Independence, Ages 12 to Adult"

Visions Video (Alschul Group Corporation)
1560 Sherman Avenue, Suite 100
Evanston, IL 60201
(708) 328-6700
FAX (708) 328-6706

"Lots of Kids Like Us", video tells the sensitive story as children try to cope with their father's alcoholism. 28 minutes. Cost $250.00.

Kinetic INC.,
255 Delaware Ave., Suite 340
Buffalo, New York 14202
(716) 856-7631

"Broken Promises", video is about group discussion and art work in working with young children from dysfunctional families. Designed for trained educators, counselors and mental health professionals to use with children nine to fourteen years old in educational and treatment settings. 35 minutes, Purchase $195.00.

Educational Activities, INC
P.O. Box 392
Freeport, New York 11520

"Alcohol and Pregnancy: Taking A Drinking History and Counseling and Referral". This is a two part video 17 minutes in color for use in training purposes. Produced by Edward A. Mason, M.D. (1985).

Special Service Building
Audio Visual Department
1127 Fox Hill Road
University Park, PA 16803-1824
(1-800) 826-0132

"Women and Recovery", video speech of Dr. Kirkpatick's presentation on November 1991. (1 hour) Cost $49.95.

and

"The Need for Women's Programming", video speech by Dr. Kirkpatrick filmed in Prince Edward Island. (2 hours) Cost $149.00.

Women for Sobriety Inc.
P.O. Box 618
Quakertown, PA 18951-0613
(215) 536-8026

## COCAINE AND SMOKING

Working with FAS may involve the usage of other drugs, i.e., cocaine, smoking. The following is a list of items in the area of prevention education of cocaine addiction.

**Cocaine Babies Update: The Research Is In. (19min.)**

**Cocaine Kids: Their Problem is Our Problem. (16min.)**

**Cocaine Kids Training Tape: New Strategies, New Solutions. (16min.)**

**Caring for Drug Affected Infants. (20min.)**

**Cocaine Mothers: Beyond the Guilt. (25min.)**

**Drug Affected Children: The Price We Pay. (18min.)**

**Cocaine Babies: The Innocent Victims. (18min.)**

**Training Tape for Caretakers of Drug Babies. (20min.)**

Alschul Group Corporation
930 Pitner Avenue
Evanston, IL 60202-9923
1-800-323-9084 or
(708) 328-6700

**Smoking and Pregnancy**, for staff is a kit for Health Care Providers. It contains a handbook for counseling the pregnant woman who smokes, a flip chart, two posters for display, and two leaflets to give to patients.

Con't

**Freedom from Smoking for You and Your Baby**, is a guide that includes a 10-day self-help guide for mothers to stop smoking. Includes a progress record. (1986). Copies are $1.40 each.

The American Lung Association
1740 Broadway
New York, New York 10019
(212) 315-8700

**Helping Smokers Quit**, this contains a guide for physicians, a test for patients, tips for quitting, facts about what happens after quitting, and posters.

The National Cancer Institute,
Office of Communications
Building 31, Rm 10A-24
Bethesda, Maryland 20892
1-800-4-CANCER

**Smoke Free Facilitator's Guide**, includes a program sample to help women stop smoking during pregnancy, with accompanying videotape. Single copies free.

**Why Start Life Under A Cloud?**, a short pamphlet discussing the effects of smoking on unborn babies. The reading level is not for low literacy clients, but could be explained by staff. (1986).

The American Cancer Society (or local Chapters)
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333

**"Breathing For Two"**, materials include a kit for health care providers, slides/tape program, posters and self-help smoking cessation program.

The Wisconsin Clearinghouse
University of Wisconsin-Madison
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

# *CURRICULUMS*

**WHIZ KIDS EDUCATIONAL KIT:** includes adorable cartoon characters, babes-in-utero. They meet at the clinic where their moms go for prenatal care. In very simple language they talk about how they feel when their moms smoke, drinking and "do" drugs. This video uses simple, clear, compelling words when the babies talk to each other. Complex terms such as fetal alcohol syndrome, sudden infant death syndrome, oxygen deprivation, neurological damage and AIDS are turned into language everyone can understand. The tape is designed to be presented by clinic and classroom teachers and volunteers who may lead focus group discussions. (1989).
(Cost is $55.00).

The Whiz Kids Educational Project
C/O Chrysalis Productions, Inc.
1325 Pennsylvania Avenue, Suite 290
Fort Worth, Texas 76104
(817) 878-5292 FAX # (817) 878-5294

**"Fetal Alcohol Syndrome Awareness Curriculum".** This K-12, curriculum contains two components: Kindergarten through sixth grade and seventh through 12th grades. Using a family of bears, the K-6 component emphasizes good basic health information for children and pregnant MAMA BEAR, board game, storybook, card game, puppet script, and other classroom activities are included. The 7-12 grade component centers around five 45-minutes classroom activities that explain the cause and effect of FAS. Decision making, intervention and refusal skills are covered in classroom activities. Further information concerning this curriculum may be obtained. (Cost is $20.00)

and

**TEEN PREGNANCY CURRICULUM: Focus on a Healthy Pregnancy".** This curriculum is designed to educate teenage clients about the options involved in having a healthy pregnancy. The five-step lesson plan focuses on alcohol, tobacco and other drug use during pregnancy, as well as providing alternate activities to be used during and after the prenatal period. (Cost is $20.00)

Univ. of Nebraska Medical Center
Meyer Children Rehab Institute
600 S. 42nd Street
Omaha, NE 68198-5450
(402) 559-7467
(Attn:Rita Castillo-Media Dept)

"Getting Sober, Getting Well", is a 27 detailed sessions guide based on clinical experiences that foster sobriety and wellness in women. Offers a perspective that is based on the psychology of women and provides an effective framework plus specific tools to assist women in all phases of their treatment. It identifies issues and provides practical, proven methods of treatment based on extensive experience with recovering women in a variety of settings. Cost $69.95 plus $6.50 shipping fee.

CASPAR, Women's Alcoholism Program
6 Camelia Avenue
Cambridge, MA 02139
(617) 661-1316

"Turning Points", a resource guide on teenagers, pregnancy, alcohol and other drugs.

The Wisconsin Clearinghouse
University of Wisconsin-Madison
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

"Preventing Fetal Alcohol Syndrome & Other Related Birth Defects: Teachers Manual", by Association for Retarded Citizens. A teachers manual on prevention of FAS complete with lesson plans, masters for students text, transparency masters and student worksheets. (60 pages, 1988, cost $6.00).

and

"10 Projects for Preventing FAS & Other Related Birth Defects", is a manual for student involvement in community prevention activities. (24 pages, 1988, Cost $3.50).

and

"Have You Heard?, by ARC, a full color cartoon booklet teaching young people about the prevention of FAS. (16 pages, 1988, Cost $1.50).

Association for Retarded Citizens
National Headquarters
2501 Ave., J/P.O. Box 6109
Arlington, Texas 76005
1-800-433-5255

Feeling Puppets: Children are drawn to puppet play, which breaks down barriers and allows them to express their feelings. The brightly colored puppets are particularly useful for role-playing and problem-solving activities and for targeting the specific needs of children. Feeling Puppets come in White or Brown Face Set. Cost $28.00 + tax. "Suggestions for Use of Activity Guide" may be included upon request.

Feelings Factory
Raleigh, North Carolina
(919) 828- 2264

"A Story About Feelings". this video is a story about the Feelings story book. Time 20 minutes.

Kinetic INC
255 Delaware Ave., Suite 340
Buffalo, New York 14202
(716) 856-7838

"I've Got Super Power", by Rick Charette. This song cassette has children songs on child abuse and safety. Cost $10.95

Educational Activities, INC
P.O. Box 392
Freeport, New York 11520
(516) 223-4666

"The Discovery Kit: Positive Connections for Kids", is designed to build resiliency in all children. This kit includes video and audio cassettes, photo-illustrated books, poster guides, activity worksheets and group leader support materials, and is available free of charge.

National Clearinghouse for Alcohol
and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600 or
1-800-729-6686

"Systematic Training for Effective People", STEP, program video and kit for effective parenting of children under six. Kit contains strategy booklet, 80-minute video with script book, and leader's manual for complete presentation for parents and teachers groups.

American Guidance Services
Circle Pine, MN 55014-1796

"Developing Capable People" by H. Stephen Glenn, complete program includes 5 videos, set of 8 audio cassettes. Focus is for parents/teachers helping children of all ages to become self-reliant and capable.

and

"Bridging Troubled Waters" by H. Stephen Glenn, contains a set of two audio tapes for "Bridging the Gap Between Adults and Adolescents".

and

"Empowering Teenagers" by H. Stephen Glenn, contains a set of six audio tapes for parents and teachers which helps adults encourage and promote self-reliance and positive self-esteem in teenagers.

SUNRISE PRODUCTIONS
P.O. Box 788
FairOaks, CA 95628
1-800-456-7770



BEST COPY AVAILABLE

"A Sexuality Training Guide", for developmentally disabled individuals, develop in the state of Oregon. This can be helpful for counselors about issues on sexuality information and birth control.

Serving People with Disabilities
3732 Harvey Avenue, S.E.
Salem, Oregon 97302
(503) 363-6347
Geri Newton-Consultant

## *SLIDES*

"Alcohol, Drugs and the Fetus: A Teaching Package", develop by Henry L. Rosett, M.D., and Lyn Weiner, M.P.H., Oxford University Press. These slides reviews the scientific literature on alcohol and illicit drugs effects on pregnancy and provides tested clinical strategies. The descriptive manual and 84 slides are separated into modules, and can be easily adapted to the needs of the participants. The material is appropriate for physicians, psychologist, nutritionist, social workers, nurses, educators, fetal alcohol syndrome trainers, and substance abuse counselors. $250.00

and

"Here's to Healthy Babies: A Review of Alcohol's Effects on Pregnancy", was designed for community education and provides information on alcohol use in general, on pregnancy, and on the effects of alcohol use during pregnancy. The package contains a presenter's manual and 19 slides. $40.00

The Fetal Alcohol Education Program
Boston University School of Medicine
7 Kent Street
Brookline, MA 02146
(617) 739-1424

"Preventing the Drinking Disability-Fetal Alcohol Syndrome", 1983, contains 40 slides with 16 minutes narrative on cassette-tape. Not available for purchase but can be borrowed free of charge and reproduced at borrowers expense.

MCH Division
North Dakota State Department of Health
State Capitol Building
Bismark, North Dakota 58505
(701) 224-2493
Attn: Bertha Gibbs

## SCHOOL/COMMUNITY BASED ALCOHOLISM/SUBSTANCE ABUSE PREVENTION CURRICULUM

**BABES**
17330 Northland Park Court
Springfield, MI 48075
1-800-542-2237

Beginning Alcohol and Addictions Basic Education Studies (BABES) began as a primary prevention program for children ages 3 to 8. It utilizes a kit that includes puppets, stories, and songs that illustrate real life situations to teach the positive living skills necessary to prevent substance abuse and help young people to have happy, healthy lives. BABES is based on the concept that children can and will learn how to live successfully with others, and that such learning, coupled with facts about abusive use of alcohol and other drugs, is essential to healthy growth and development.

**PRE-SCHOOL STRESS RELIEF PROJECT**
Wholistic Stress Control Institute, Inc.
P.O. Box 42481
Atlanta, GA 30331
(404) 344-2021

The Pre-School Stress Relief Project (PSSRP) is a primary prevention demonstration project developed to provide training, consultation and educational resources in stress management education for Head Start, day care, and public school teachers. This curriculum teaches coping skills early, children will be more equipped to deal with life's changes that produce stress in a healthy manner which leads to a wellness approach. The curriculum kit includes; manual, 3 human puppets; 11 animal puppets; poster; coloring book; song cassette and Copee Bear Stickers.

**GROWING UP STRONG (GUS)**
The University of Oklahoma
Center for Child & Family Development
555 Constitution St., Suite 221
Norman, OK 73037-0005
(405) 325-1446

**HERE'S LOOKING AT YOU 2000**
20832 Pacific Hwy South
Seattle, WA 98198
(206) 824-2907

Here's Looking At You is a complete drug education curriculum that begins in kindergarten and continues through high school. The curriculum (1) addresses known risk factors such as having drug-using friends, living in a family with chemically dependent members, and early first use of drugs, (2) focuses on gateway drugs (drugs that increase the risk of using other drugs) like alcohol, nicotine, and marijuana, and (3) contains clear "no drug use" messages for children.



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**PROJECT CHARLIE**
17330 Northland Part Court
Southfield, MI 48075
1-800-542-2237

Project Charlie is a drug abuse prevention program for elementary school children. Its purpose is to promote the social and emotional growth of children and to discourage chemical use as a way to avoid problems. Project Charlie aims to establish a partnership between school and family and to teach children crucial living skills that can be vital in a child's education. The program emphasizes feeling good strategies drawn from available research, practical application, and experience.

**DEVELOPING CAPABLE PEOPLE**
By: Dr. H. Stephen Glenn
P.O. Box 788
Fair Oaks, CA 95628
(916) 961-5556

**T.R.A.I.L.S.**
Office Alcohol & Other Drug Abuse
1 West Wilson St., RM 434
P.O. Box 7851
Madison, WI 53707
(608) 266-9611

A youth program for Alcohol Drug Abuse Prevention for early and late adolescents. T.R.A.I.L.S. is an acronym for testing realities and investigating life styles. The program offers youth alternative activities both traditional and current such as art theory, traditional dancing, cooking, bead and basket work, and recreational programs. The program also offers Health Promotion and Disease Prevention Education geared toward meeting the specified needs of youth. T.R.A.I.L.S. is funded through the State Health Department in Wisconsin, Division of Community Service.

**FAMILY CIRCLE'S PROGRAM**
450 Old Abe Road
Lac Du Flambeau, WI 54538
(715) 588-3371 X282
(Alice Peltier)

The Lac du Flambeau Family Circle's Program provides, 24 week parenting curriculum in promoting parenting skills. This curriculum gives understanding of traditional child-rearing practices of learning about values, self-esteem building, coping skills and peer support of promoting a healthy family.

**CHILDREN ARE PEOPLE, INC.**
1599 Selby Avenue
St. Paul, Minnesota 55104
(612) 490-9257

This is a chemical dependency program geared toward elementary school children. The C.A.P. Program strives to involve school administration and support staff, parents, teachers, other helping professionals, and volunteers in the implementation of this program. The C.A.P. program deals with the sociological/emotional implication of drug use and drug abuse. The C.A.P. Program is representative of a community prevention model.



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July 1981 Volume 11 Number 2

# FDA Drug Bulletin

Surgeon General's Advisory on Alcohol and Pregnancy

Information of Importance To Physicians and Other Health Professionals

## Surgeon General's Advisory on Alcohol and Pregnancy

The Surgeon General advises women who are pregnant (or considering pregnancy) not to drink alcoholic beverages and to be aware of the alcoholic content of foods and drugs.

A recent report to the President and Congress[1] summarizes current scientific knowledge about health hazards associated with alcohol consumption, including those during pregnancy. The report concludes that alcohol consumption during pregnancy, especially in the early months, can harm the fetus.

Among the findings of the report are the following:

- Significantly decreased birth weight has been observed among the children of some women who average only one ounce of absolute alcohol (two standard drinks) per day during pregnancy.[2]
- Sizeable and significant increases in spontaneous abortions have been observed at reported alcohol consumption levels as low as one ounce of absolute alcohol twice a week.[3,4]
- A woman who consumes alcohol at amounts consistent with a diagnosis of alcoholism risks bearing a child with a specific cluster of severe physical and mental defects known as the fetal alcohol syndrome (FAS) (See September-October 1977 Drug Bulletin). This syndrome of birth defects is frequently associated with mental retardation, and it is also characterized by central nervous system disorders, growth deficiencies, a specific cluster of facial abnormalities, and other malformations, particularly skeletal, urogenital, and cardiac. Many of these characteristics are individually subtle but are readily apparent to trained dysmorphologists.
- Even if she does not bear a child with full FAS, a woman who drinks heavily is more likely to bear a child with one or more of the birth defects included in the syndrome. Microcephaly, which is associated with mental impairment, is one of the more common of these defects.

The reported effects on pregnancy outcome appear to be independent of potentially confounding variables including nutrition and smoking.

In addition, it has been demonstrated that alcohol readily enters breast milk and thus is transmitted to the nursing infant. Heavy alcohol consumption is known to decrease the mother's milk.

Research to establish the mechanisms by which alcohol consumption affects fetal and neonatal growth and development is underway.

Health professionals are urged to inquire routinely about alcohol consumption by patients who are pregnant or considering pregnancy. This information should be included in their medical records.

Each patient should be told about the risk of alcohol consumption during pregnancy and advised to not drink alcoholic beverages and to be aware of the alcoholic content of foods and drugs.

Interested practitioners can obtain material about techniques for obtaining accurate drinking information from patients, as well as written material for pregnant patients, by contacting the National Clearinghouse for Alcohol and Drug Information (NCADI).[5,6]

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6. Alcohol and Your Unborn Baby, Pub. No. PH-90, NIAAA, 5600 Fishers Lane, Rockville, MD 20857.




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